



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01113, Whey, acid, dried

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	3.51	52	0.174	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	339	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	1419	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	11.73	57	0.182	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	0.54	49	0.031	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	10.77	48	0.223	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	73.45	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	73.45	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Minerals													
Calcium, Ca	mg	2054	23	105.458	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	1.24	19	0.179	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Magnesium, Mg	mg	199	19	9.641	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phosphorus, P	mg	1349	20	82.507	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Potassium, K	mg	2289	20	97.644	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Sodium, Na	mg	968	18	85.329	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	6.31	19	0.549	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Copper, Cu	mg	0.050	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	27.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.9	13	0.332	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.622	13	0.072	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Riboflavin	mg	2.060	13	0.130	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Niacin	mg	1.160	10	0.195	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	5.632	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-6	mg	0.620	10	0.051	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, total	µg	33	10	4.603	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	33	10	4.603	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Folate, DFE	µg	33	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	225.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Vitamin B-12	µg	2.50	10	0.175	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Retinol	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Carotene, beta	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	01012	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin A, IU	IU	59	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	01012	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01012	01/2003
Lipids													
Fatty acids, total saturated	g	0.342	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.023	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.008	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.005	4	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.010	4	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.006	4	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	0.046	4	0.005	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	0.150	4	0.013	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	0.060	4	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	0.149	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.026	4	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	0.114	4	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.018	4	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.003	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Cholesterol	mg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.241	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.590	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	0.581	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	1.116	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	1.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.221	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cystine	g	0.211	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	0.386	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.300	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	0.579	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.327	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.230	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.506	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	1.149	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	2.096	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.211	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	0.699	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	0.541	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003